

Plant a Salad Garden

What you need:

- Dirt or potting mix (soil substitute)
- fertilizer
- vegetable seeds: cucumber, broccoli, carrots, lettuce, tomato, and bell peppers
- containers for planting: buckets, basins, cans, plastic or wooden plant containers, or plastic milk crates lined with two heavy weight black plastic bags
- gardening tools and watering can
- chart paper, drawing paper, and markers



What to do:

1. Check with a grown-up before you begin.
2. You will plant a container garden to grow "salad" vegetables. Many people who do not have yards to plant a garden use different types of containers to plant in.
3. Can you think of the types of vegetables that are used to make a salad? Choose several vegetables to grow in their container garden.
4. Choose a sunny area in your house or yard to place the container garden and select a day to do the planting. Be sure to wear old clothing while you are planting. Ask an adult to help!
5. Follow the directions on the seed packets to plant your seeds in the containers.
6. Save seed packets to attach to craft or wooden sticks so you can remember where the seeds are planted. Plan a time each day to observe your plants, care for them, and keep a record of how they are growing. You may want to draw pictures!
7. Once your plants are ready to pick, plan a special "salad day" to celebrate your success. Invite friends or family members to share this special day or incorporate it into a special potluck family gathering!